



Key Points

- My HealthVet is a powerful tool to help users better understand and manage their health
- Users can create a complete Personal Health Record that combines self-entered information (SEI) along with extracts from their VA's electronic medical record
- Record and monitor personal health readings in one secure location
- View and print a table and graph of progress to share with their healthcare team
- Take a more active role in healthcare decisions by partnering with their healthcare team to better optimize health

Using the SEIs

- In order to access the self-entered information (SEI) journals, users must be logged into their personal My HealthVet account
- After logging in, click on **TRACK HEALTH** in the toolbar



• **VITALS + READINGS** provides users with nine journals for reading and tracking various health statistics

- Clicking on **Add New** allows users to enter their health readings into an SEI chart
- Always remember a red asterisk * indicates a required field when filling out forms within My HealthVet
- With all SEIs, users can **Edit** and **Delete** previously entered entries
- Use the **Graph** link to view readings in a graph format—select a Period / Units and then Update Graph in order to view specific information
- Users can print their tables and graphs by clicking on the **Printer Friendly** link

Available SEI Journals

Blood Pressure—enter systolic and diastolic readings

Heart Rate – enter bpm (beats per minute)

Body Weight—in pounds or kilograms

Body Temperature—in Fahrenheit or Celsius, select method temperature reading obtained

Pain—on a scale of 0–10

Blood Sugar—select method blood sugar reading obtained, enter blood sugar count

Cholesterol (Lipid profile) – select Fasting or Non-Fasting, enter Total Cholesterol, HDL, LDL, and Triglycerides

Pulse Oximetry—enter oximeter reading in % of oxygen, respiratory rate in # of breaths per minute, select (if any) supplemental oxygen device used and/or any symptoms experienced

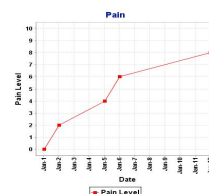
International Normalized Ratio (INR) – enter INR value

View Data as: [Table](#) | [Graph](#) [Help](#) | [Printer Friendly](#) [Add New](#)

5 items found, displaying all items

Date	Time	Pain Level	Comments	Edit	Delete
01/01/2008		5		(f)	(x)
01/06/2008		6		(f)	(x)
01/09/2008		4		(f)	(x)
01/09/2008		2		(f)	(x)
01/01/2008		0		(f)	(x)

5 items found, displaying all items [Add New](#)



For questions regarding My HealthVet training and education please contact VHAMHVTrainingTeam@va.gov.